

Purpose of Conference

Encourage seniors to remain independent and active by identifying resources for healthy living.

Who Should Attend

- Retirees and pre-retirees
- Caregivers and long-term care providers
- Professionals, para-professionals and students in aging, health and related fields
- Others interested in health and wellness

Program Agenda

**7:30 – 8:00 a.m.**  
Registration, Continental Breakfast and Exhibitors

**8:00 – 8:15 a.m.**  
Welcome and Overview  
  
Carol Wilson  
*Sentara Williamsburg Community Hospital*

**8:15 – 8:45 a.m.**  
Local Legislative Representative Introductions  
  
Minnie Sippio  
*York County Community Services*

**8:45 – 9:15 a.m.**  
AARP Legislative Update  
  
Warren Stewart  
*AARP Advocacy Specialist*

**Motivate**  
  
**9:15 – 9:45 a.m.**  
  
Jane Maston  
*Executive Director*  
*Historic Triangle Senior Center*

**9:45 – 10:15 a.m. Break to View Exhibits**

**10:15 a.m. - 10:30 a.m. Door Prize Drawing**

**Modify**  
  
**10:30 – 11:15 a.m.**  
Your Home..... Shaun Smith  
*Universal Design Consultant*  
*Access 1st*

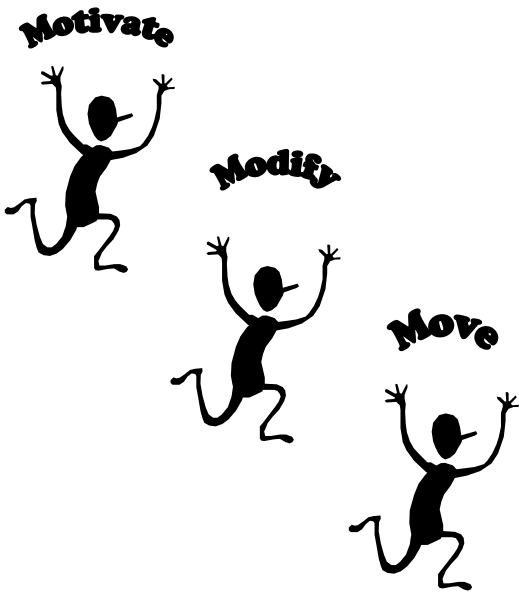
**11:15 – 11:45 a.m.**  
Your Support System ... Maryjane Crook  
*Family Support Coordinator*  
*Alzheimer’s Association*

**Move**  
  
**11:45 – 12:00 Noon**  
  
Katherine Hopson  
*Exercise and Strength Training Instructor*  
*Peninsula Health District*

**12:00 – 12:30 p.m.**  
  
Andy Hargreaves  
*Health and Wellness Coordinator*  
*JCC Parks and Recreation*

**12:30 p.m.**  
Door Prizes, Wrap-up & Evaluations

“ THE THREE M’S OF INDEPENDENT LIVING ”



A CONFERENCE  
**FREE AND OPEN TO THE PUBLIC**

Wednesday, April 21, 2004  
7:30 a.m. – 1:00 p.m.

Bruton Heights Educational Center  
301 First Street  
Williamsburg, Virginia

SEE MAP INSIDE!

“ THE THREE M’S OF INDEPENDENT LIVING: MOTIVATE, MODIFY AND MOVE ”

A Conference FREE and Open to the Public

Peninsula Agency on Aging, Inc.  
739 Thimble Shoals Blvd., Suite 1006  
Newport News, VA 23606-3585

## PLANNING COMMITTEE

- **Sharon W. Brandau**  
Peninsula Agency on Aging
- **Doris B. Heath**  
Virginia Cooperative Extension/  
James City County Office
- **Janet Gonzalez**  
RSVP-VP
- **Esther Knox**  
AARP
- **Judy Knudson**  
Olde Towne Medical Center
- **Jane E. Maston**  
Historic Triangle Senior Center
- **Pamela Parham**  
Peninsula Health District
- **Linda Rodgers**  
Peninsula Agency on Aging
- **Minnie Sippio**  
York County Community Services
- **Carol Wilson**  
Sentara Williamsburg Community  
Hospital

### Sponsored by



*Historic Triangle Senior Center*

*Olde Towne Medical Center*

*Peninsula Agency On Aging*

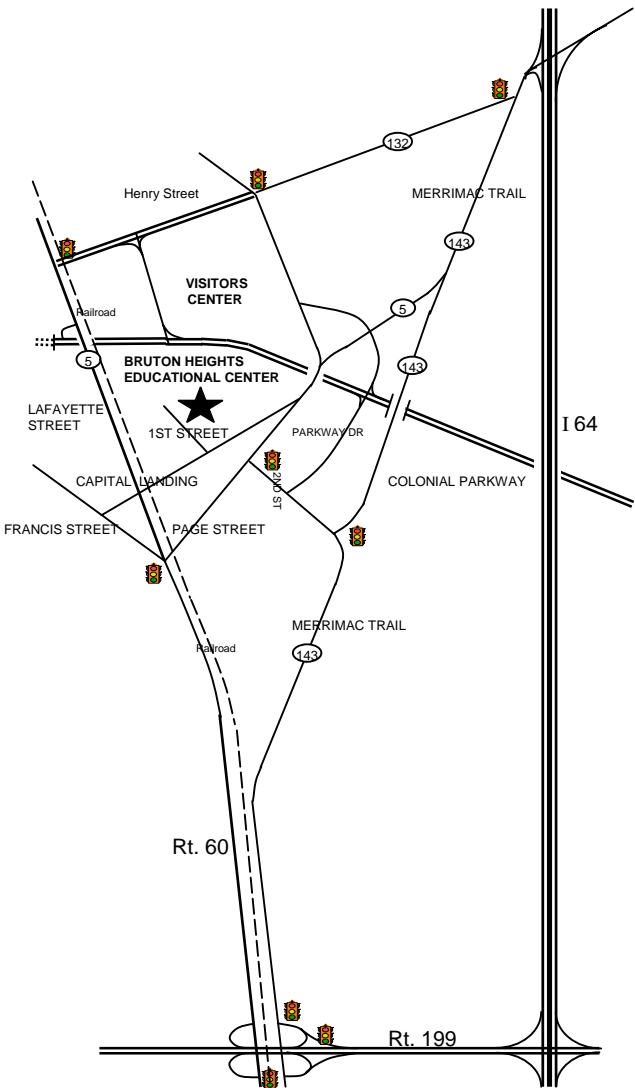
*Peninsula Health District*

*RSVP-VP*

*Sentara Williamsburg  
Community Hospital*

*Virginia Cooperative Extension*

*York County Community  
Services*



#### *Directions to Bruton Heights Educational Center:*

From **I-64**, take **Exit 238** towards Williamsburg. At 2<sup>nd</sup> light, turn **right** on **Rt. 132**. Proceed again to 2<sup>nd</sup> light. Turn **left** on **Lafayette St**. Go about 1 mile and take first **left** onto **Capitol Landing Rd**. Go over bridge and immediately turn **left** onto **First Street**. Parking is at end of street on left. The Education Center, across street, is building to right of flagpoles.

“THE THREE M’S OF INDEPENDENT LIVING: MOTIVATE, MODIFY, MOVE”

Wednesday, April 21, 2004

### REGISTRATION FORM

NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

AGENCY/TITLE \_\_\_\_\_ WORK PHONE \_\_\_\_\_ AGE (optional) \_\_\_\_\_

Please return registration form by mail, fax or e-mail by April 16, 2004 to:  
*Peninsula Agency on Aging, Inc., 739 Thimble Shoals Blvd., Suite 1006, Newport News, VA 23606;*  
*fax to (757) 873-1437 or e-mail to [swassistant@paainc.org](mailto:swassistant@paainc.org)*